

COMPASSIONATE BOUNDARY-SETTING

Think of a situation in which you're wanting to set a boundary. You might look for a situation or relationship where you have a sense of obligation, or feelings of resentment.

Example: My roommate often plays loud music I can hear from my bedroom. I find it disruptive and rude.

1) In setting this boundary, what are you saying NO to?

Example: Their lack of awareness and consideration for me. Their self-centered behavior. Their sense of entitlement to do whatever they want without checking how it is for me.

2) What do you wish you could say to ask for your boundary in this situation?

Example: I'm tired of hearing your music all the time. Have a little consideration for our shared space! Not all of us like the music you play—not that you ever asked us anyway. If you're going to play music, play it in your room at a volume that won't disrupt everyone so much.

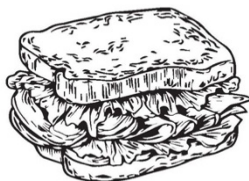
3) In setting this boundary, what are you saying YES to?

Example: My peace of mind. My ability to concentrate, feel relaxed, and recharge in my space without being distracted. A sense of being considered, of mattering, of belonging. Choice.

4) Share your truth using observations, feelings, and needs—vulnerably, without blame.

Example: I feel a bit awkward bringing this up with you, but I want to connect with you about it. I notice sometimes your music can be heard in the living room and from my bedroom. I'm guessing you have no idea, but I feel stressed and uncomfortable when this happens, and I find it hard to relax and feel at ease in my space. How would you feel about either keeping the volume lower, using headphones, or checking to see if I'm home before you turn up the volume?

THE NO SANDWICH



CONNECT: Acknowledge the context and/or express appreciation

SELF-EXPRESS: Share where you stand, with vulnerable self-responsibility

CONNECT: Send the message "we both matter" and "we're on the same team"

